



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03694, Babyfood, cereal, rice, prepared with whole milk

Report Date: June 24, 2017 23:31 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Proximates					
Water	g	81.96	--	--	23.24
Energy	kcal	85	--	--	24
Energy	kJ	357	--	--	101
Protein	g	3.45	--	--	0.98
Total lipid (fat)	g	3.38	--	--	0.96
Ash	g	0.89	--	--	0.25
Carbohydrate, by difference	g	10.31	--	--	2.92
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	4.87	--	--	1.38
Sucrose	g	0.00	--	--	0.00
Glucose (dextrose)	g	0.00	--	--	0.00
Fructose	g	0.00	--	--	0.00
Lactose	g	4.67	--	--	1.32
Maltose	g	0.00	--	--	0.00
Galactose	g	0.00	--	--	0.00
Minerals					
Calcium, Ca	mg	168	--	--	48
Iron, Fe	mg	3.63	--	--	1.03
Magnesium, Mg	mg	25	--	--	7
Phosphorus, P	mg	122	--	--	35
Potassium, K	mg	151	--	--	43
Sodium, Na	mg	42	--	--	12
Zinc, Zn	mg	0.49	--	--	0.14

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Copper, Cu	mg	0.048	--	--	0.014
Manganese, Mn	mg	0.004	--	--	0.001
Selenium, Se	µg	4.3	--	--	1.2
Vitamins					
Vitamin C, total ascorbic acid	mg	0.2	--	--	0.1
Thiamin	mg	0.243	--	--	0.069
Riboflavin	mg	0.324	--	--	0.092
Niacin	mg	2.449	--	--	0.694
Pantothenic acid	mg	0.345	--	--	0.098
Vitamin B-6	mg	0.069	--	--	0.020
Folate, total	µg	6	--	--	2
Folic acid	µg	0	--	--	0
Folate, food	µg	6	--	--	2
Folate, DFE	µg	6	--	--	2
Choline, total	mg	14.6	--	--	4.1
Betaine	mg	0.6	--	--	0.2
Vitamin B-12	µg	0.41	--	--	0.12
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	42	--	--	12
Retinol	µg	42	--	--	12
Carotene, beta	µg	6	--	--	2
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	150	--	--	43
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.44	--	--	0.12
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.00	--	--	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00
Tocopherol, delta	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	1.2	--	--	0.3
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	0.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Vitamin D	IU	47	--	--	13
Vitamin K (phylloquinone)	µg	0.2	--	--	0.1
Lipids					
Fatty acids, total saturated	g	1.793	--	--	0.508
4:0	g	0.069	--	--	0.020
6:0	g	0.069	--	--	0.020
8:0	g	0.069	--	--	0.020
10:0	g	0.069	--	--	0.020
12:0	g	0.071	--	--	0.020
13:0	g	0.000	--	--	0.000
14:0	g	0.275	--	--	0.078
15:0	g	0.000	--	--	0.000
16:0	g	0.824	--	--	0.234
17:0	g	0.000	--	--	0.000
18:0	g	0.347	--	--	0.098
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.846	--	--	0.240
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.002	--	--	0.001
18:1 undifferentiated	g	0.844	--	--	0.239
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.333	--	--	0.094
18:2 undifferentiated	g	0.247	--	--	0.070
18:3 undifferentiated	g	0.085	--	--	0.024
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	10	--	--	3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Amino Acids					
Tryptophan	g	0.075	--	--	0.021
Threonine	g	0.153	--	--	0.043
Isoleucine	g	0.171	--	--	0.048
Leucine	g	0.282	--	--	0.080
Lysine	g	0.150	--	--	0.043
Methionine	g	0.082	--	--	0.023
Cystine	g	0.028	--	--	0.008
Phenylalanine	g	0.160	--	--	0.045
Tyrosine	g	0.162	--	--	0.046
Valine	g	0.208	--	--	0.059
Arginine	g	0.117	--	--	0.033
Histidine	g	0.082	--	--	0.023
Alanine	g	0.125	--	--	0.035
Aspartic acid	g	0.267	--	--	0.076
Glutamic acid	g	0.684	--	--	0.194
Glycine	g	0.095	--	--	0.027
Proline	g	0.333	--	--	0.094
Serine	g	0.122	--	--	0.035
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0